

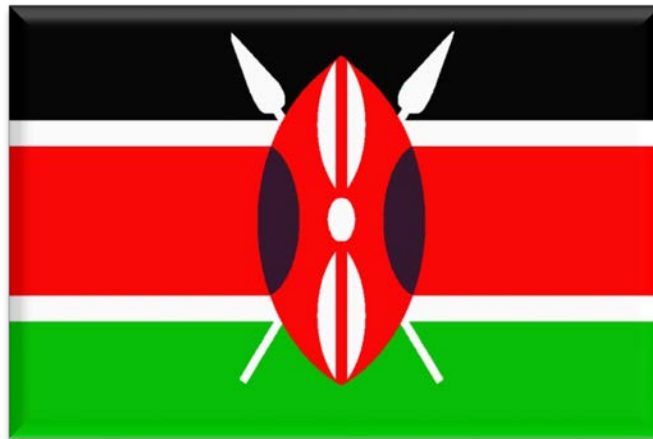
University of Washington

DEPARTMENT OF GLOBAL HEALTH



GHCE

Global Health Clinical Elective



KENYA

Country Guide 2018

Disclaimer:

This booklet is provided as a service to UW students going to Kenya, based on feedback from previous students. The Global Health Resource Center is not responsible for any inaccuracies or errors in the booklet's contents. Students should use their own common sense and good judgment when traveling, and obtain information from a variety of reliable sources.

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Welcome to your Global Health Clinical Elective in Naivasha, Kenya!

The following is a brief manual that will provide answers to frequently asked questions. Please feel free to contact your mentor for more information.

Core Kenya Program Faculty Contacts

Carey Farquhar, MD, MPH
Professor
Departments of Medicine, Global Health, and Epidemiology
University of Washington
Email: cfarq@uw.edu
Work: 206-543-4278

Judd Walson, MD, MPH
Associate Professor
Departments of Global Health, Medicine, Pediatrics, and Epidemiology
University of Washington
Email: walson@uw.edu
Work: 206-543-4278

Staff Based in Kenya

P. Andrew McGuinness, MD (main contact for UW Students!)
CEPI Chief Resident for Global Health
Naivasha Sub-Country Hospital, Kenya
Department of Internal Medicine
University of Washington
US Cell/WhatsApp: +1.360.903.2576
Kenya Cell/iMessage/Facetime: +254.790.596.131

Minnie Kibore, MBChB, MMed
PRIME-K Technical Advisor
Nairobi, Kenya
Email: kiborm@u.washington.edu
Kenya: (+254) 0722.493.974

U.S. CONTACTS

	Name	Address	Telephone	Email or Website
UW International Emergency #	-	-	+1-206-632-0153	www.washington.edu/globalaffairs/emergency/
GHCE Director	Dr. Scott McClelland	Harris Hydraulics Building, Room #315 1510 San Juan Road Seattle, WA 98195	+206-473-0392 (cell) 001-254-731-490115 (Kenya)	mccllell@uw.edu
GHCE Manager	Rachel Lazzar	Harris Hydraulics Building, Room #315 1510 San Juan Road Seattle, WA 98195	+1-206 685-7418(office) +1-206 685-8519 (fax)	rlazzar@uw.edu
Insurance	On Call International		call +1.603.328.1358	http://student.uwsearchlightportal.com studentclaims@oncallinternational.com
Hall Health Travel Clinic	Anne Terry, MN, ARNP	315 E. Stevens Circle Box 354410 Seattle, WA 98195	+1-206-543-8915 +1-206-685-1011	travel@uw.edu
Post-Exposure Prophylaxis	Harborview Madison Clinic	325 Ninth Ave Box 359930 Seattle, WA 98104	1-888-448-4911 (CDC hotline) +1-206-744-5100 (clinic)	http://depts.washington.edu/madclin/providers/guidelines/pep_occ.html

THE BASICS

1. ROTATION BASICS: You will do most of your work at Naivasha Sub-County Hospital during your rotation. The work week is Monday-Friday. Your typical day will be from around 8:00am-5pm. It is about a 20 minute walk from the house to the hospital. You will be able to take part in inpatient rounds, outpatient clinic, and community outreach clinics. There will be medical officer interns (MOIs), clinical officer interns (COIs), and medical officers (MOs) on all the specialties that can help with translation. Students will work with the current chief resident to put together a weekly schedule based on their interests and the availability of opportunities.

Clinical rotations are usually 4-6 weeks, although can be longer. You may wish to consider adding some of your personal vacation onto the end of your scheduled international trip, although if you do this you should make sure that your insurance will cover you for the additional time.

2. FLIGHT ARRANGEMENTS: Flights to Nairobi are expensive from the United States. Expect to pay anywhere from \$1300 to \$1800 for your round trip ticket. Remember to try different resources when purchasing your ticket, such as consulting a travel agent while also checking online fares. Several major airlines serve Nairobi from Seattle, including British Airways and KLM/Delta with stops in either London or Amsterdam, respectively.

If your flight lands in the evening, you will spend the night in a guest house in Nairobi before taking a taxi to Naivasha the next day. The program covers the cost of the taxi (both from the airport to the guest house and from the guest house to Naivasha) and guest house reservation. A taxi driver will meet you at the airport upon arrival and take you to the guest house in Nairobi for the night. The next morning, a driver will pick you up at the guest house and bring you to Naivasha. Drivers usually pick up around 9 AM and you will arrive in Naivasha by noon. The Global Health Chief Resident will meet you in Naivasha and go through an orientation.

3. VISA: Travelers to Kenya are required to apply for and receive an eVisa online prior to travel. Once issued, the eVisa can be printed at home and brought with the traveler to be shown to passport control upon arrival in Nairobi. The cost is \$50 plus a \$1 processing fee for a single entry tourist/business visa that is valid until 3 months. Go to <https://account.ecitizen.go.ke/register> to apply for your eVisa (detailed instructions to be sent in a separate e-mail).

4. MONEY: The currency in Kenya is the Kenyan shilling (KES). As of December 2017, the exchange rate is approximately 103 Kshs to \$1.00 USD. Bring your ATM card as it is the easiest and safest way to get shillings (some have gotten a Charles Schwab checking account for international travel as they have no foreign fees). There are ATM machines and Forex exchange in the Nairobi airport after going through passport

control and customs. Your bank may provide foreign currency services; check with your bank directly. (AAA also provides this service for an added fee). Of note, some Forex bureaus and banks do not accept US bills older than year 2000 or bills with small blemishes, because older bills are harder to resell and have a lower exchange rate. Although many establishments accept credit cards, you should be aware that significant credit card fraud has been occurred in Kenya over the last few years. Thus, it is advised to withdraw cash from ATM machines and use this as much as possible. If you do use your credit card, check your activity online frequently. Travelers are cautioned against doing any financial transactions via the web from internet cafes or public wifi hotspots. Remember to call your banks and credit cards before you leave to tell them to expect international transactions. Traveler's checks are very difficult to cash, and are NOT recommended.

5. HOUSING: You will live in a house with other UW residents who are doing electives in Naivasha. The house is gated and has a security guard 24 hours/day. It is furnished with beddings/linens, mosquito nets, and towels provided. There are two refrigerators, a microwave, clean water dispenser, flush toilets, and hot showers. Bring flip-flops for indoor/shower shoes. Bring earplugs and/or white noise app to cope with the noise of barking dogs at night. The house is located in a safe area of town and is a 20 minute walk from the hospital. The roads are rocky, so bring comfortable walking shoes.

There are multiple grocery stores in Naivasha, with a large one (Naivas) within easy walking distance from the hospital and house. Most food is cheaper than in the US, with the exception of "western" items like cereal and cheese. There are small fruit/vegetable stands next to the hospital where you can get the freshest and least expensive produce. It is not currently safe to drink the tap water in Kenya so all drinking water must be bottled. Some students/residents bring their favorite granola/power bars with them from home as these are expensive and difficult to obtain in Naivasha. You can hand wash your own laundry or pay to have your clothes hand-washed once weekly (300-500 Ksh per load). Clotheslines and clothespins are available at the house. There is also a dry cleaner at the small mall in town.

6. TRANSPORTATION: Buses and matatus (shared mini-buses) run along major routes throughout the country, and are cheap (KSh 20-250 per ride). You can ask around at the matatu stage to find out which matatus are going to your destination. There are rarely scheduled departure times; instead, matatu drivers wait for the van to fill before leaving. Ask other people getting on the matatu about the price before you get on since people may overcharge non-locals. Taxis are also easily available. Nothing is metered, so insist on negotiating and finalizing the fare before you get into the taxi. While in Nairobi and Mombasa, Uber is a safe, easy, and negotiation-free taxi ride option.

A few safety tips:

--Don't board an empty matatu or bus. Wait for the next one.

--After nightfall, avoid public transportation and use taxis instead.

7. COMMUNICATION: The best scenario is that if you have a smart phone, check with your carrier if it will work in Kenya (most newer ones do) and unlock it prior to your arrival. If you brought your own unlocked phone, the best opportunity to buy a 4G SIM card (200 Ksh) is from the Safaricom store in the airport (they will request both your original passport and possibly a photocopy of your passport bio page), as well as credits to buy airtime (can be used for either phone airtime or data). Two 1000 KSh scratchcards (one for voice, one for a data plan) should suffice to get you started and last 3+ weeks. The staff in the Safaricom store will install the SIM card for you, load airtime and internet bundle credits, and ensure your phone is working. Once activated, your home phone essentially works as usual. Most people elect to use their phone as a WiFi hotspot for their laptop, but if you plan on using one of the USB 3G modems (provided for you to borrow by our program) to connect your laptop to the internet, you should buy an extra 1000 Ksh and 100 Ksh scratchcard and bring those with you to Naivasha to load 3 GB on the modem. To refill credits, additional scratchcards can be purchased at numerous shops and the major grocery stores in Naivasha. If you cannot bring an unlocked smart phone, no worries, we will provide you with a basic candybar-style cell phone to borrow.

The app WhatsApp is useful for texting your colleagues in Kenya *and* people back home, so it is advisable to install apps before you leave Seattle. Skype is also useful. Many Kenyans prefer to use WhatsApp rather than standard text messaging (SMS) because it uses less air/data time. Both WhatsApp and SMS are less expensive than phone calls; placing calls costs money, but receiving calls is free. International calls on your cell phone are usually fairly cheap, less than \$0.10 per minute. FaceTime and iMessage are also free of charge (over wifi) to other iPhone users. There is a large resort (called Panorama) about a 10 minute walk from the house which has free wifi (though slow). Free wifi is also available at the Java House at the Buffalo Mall just outside town.

Telephone Instructions

Kenya Country Code: +254

Dialing Instructions:

To US from Kenya: From a cell phone: +1, area code, number

Within Kenya: area code, number. Can also include +254, but remove

'0'.

Example: 0729 048 847 is the same as +254 729 048 847

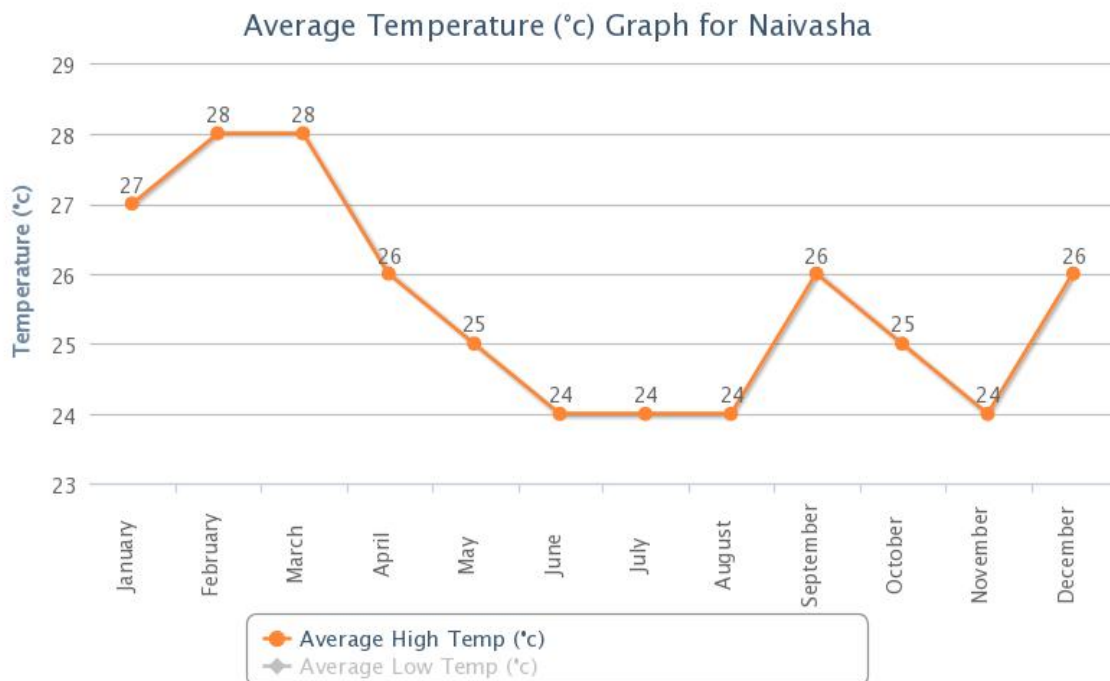
Time Zone: East Africa Time (EAT)

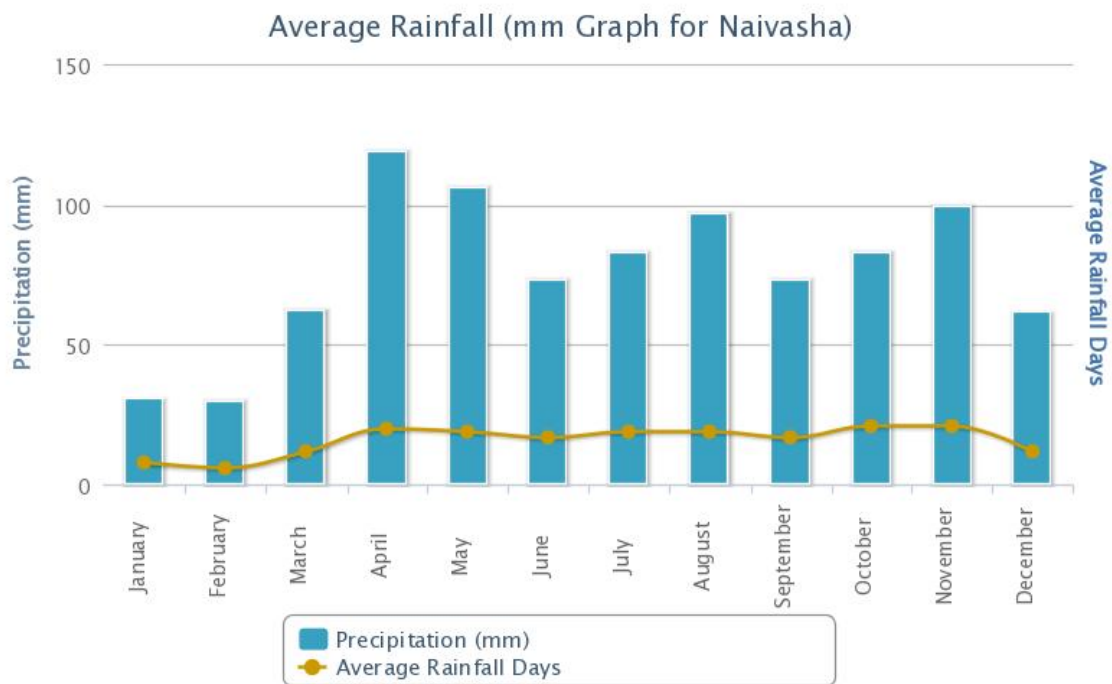
Time Difference to Seattle: 10 or 11 hours (depending on Daylight Savings Time)

March-November: 10 hour difference (12:00 noon in Seattle = 10:00pm in Nairobi)
November-March: 11 hour difference (12:00 noon in Seattle = 11:00pm in Nairobi)

8. PRICES AND TIPPING: Prices in Kenya can range anywhere from significantly cheaper than the US to significantly more expensive. For taxis, prices are roughly similar to what they would be for equivalent trips in the US. Always agree on the price before embarking. Once a price is agreed upon, there should be no additional charges. Do not pay for gas or a tip. Uber is easy and safe to use in Nairobi. If you get a non-Uber taxi ride – typical prices are as follows: from the airport to central places in Nairobi (ACK guest house, Ngong Road) should be around KES 2000. For a 10-15 minute ride, KES 500 is reasonable. For a 30 minute ride, KES 1000 is reasonable. At upscale, touristy or expat-centered restaurants tipping is expected, and a 10% tip is adequate. For more local, cheap spots tipping is not expected.

9. WEATHER: Naivasha typically experiences two seasons: Dry and Rainy. There are two distinct rainy seasons, with one being more significant than the other. Temperatures are generally warm but not hot, and much cooler at night.





WHAT TO BRING:

10: CLOTHING: You should bring clothing that can be layered. Know that certain clothing is discouraged in most professional settings in Kenya. This includes sleeveless tops on men or skirts above the knees on women. The dress code in hospitals and clinics is dressy casual. Men should wear button down shirts with slacks (ties are optional), and women can wear a nice top with pants or skirts that are at least knee-length. Nairobi and Naivasha can be cool in the early mornings and late evenings; even though you are next to the equator you will need warm layers—bring a sweater or fleece pullover. January through March are hot, you’ll want lightweight clothes and shorts/skirts. March through May is the main rainy season, although it can rain any time during the year, so bring a raincoat no matter when you travel. Comfortable closed-toe shoes are expected for clinical work. Note, don’t bring Dansko clogs or other shoes with heels as you are at high risk of spraining an ankle walking on rough terrain.

Travel Items:

- Passport, valid for 6 months beyond your estimate return date to the US
- Travel itinerary with addresses, receipts, copy of tickets
- Credit and debit cards, including the one you used the purchase your airplane ticket
- Yellow fever vaccine card, copies of all your prescriptions

Personal Items:

- Extra contact lenses, solution, back-up pair of glasses if needed
- Plenty of sunscreen and mosquito repellent (DEET)
- Medications: can buy almost everything here, but may be convenient to have your own supply of medications you use frequently. Benadryl is not sold in Kenya, so if you use this regularly, bring your own.
- Headlamp (power outages are common)
- Scrubs (several pairs available at house, bring more if you plan to go to the operating room on the Obstetrics/Gynaecology service)
- Raincoat
- Warm clothes for cold nights
- Athletic shoes for weekend trips, everyday walking shoes, work shoes.
- Digital camera with extra memory
- USB Flash Drive
- Power adapters and voltage converters (British 3 prong outlets— house has a few universal power strips that accept US plugs).
- Fun reading books (no large bookstores in Naivasha)
- Snacks you can't live without (granola bars are hard to find here)
- Camping/fishing gear may come in handy
- Earplugs (a nearby house has loud guard dogs that bark all night)

Hospital/Work Items:

- This booklet
- Pocketbooks/references: see reading list at end of this guide
- Two boxes of gloves in your size
- If you will work in the operating room, 15 pairs of sterile gloves in your size
- N-95 masks in your size
- Pocket hand sanitizer and a large bottle of hand sanitizer for refills
- Pocket notebook for rounding and patient tracking
- White coat, stethoscope, and anything you regularly use on the wards (reflex hammer, pen light, pulse oximeter, blood pressure cuff, nitrazine paper, tape measure, ECG calipers, etc)

BACKGROUND

12. HISTORY: Kenya's early prehistory was characterized by large migrations of various nomadic people, including the Cushitic and the Bantu, who arrived around 1000 AD. Additionally, Islam arrived along Kenya's coast in around 1000 AD, creating the Swahili civilization. *Swahili* refers both to the language that is still shared along the East African region from Tanzania to Somalia, and to the Islamic culture that became established there in the first century AD. Europeans first arrived in East Africa in 1498, followed by Arabic explorers in the early 18th century. As the slave trade grew prominent along the Tanzanian coast, British colonials took increasing interest in the region, eventually establishing Kenya as their colony in 1890. The colonial state continued until the mid-1950s, when the Mau Mau rebellion began an organized anti-colonial movement coordinated between multiple different Kenyan ethnic groups. Pressure against colonization continued, and Jomo Kenyatta emerged as a leader of the new Kenyan African Movement. Independence was won in 1963, and Kenyatta (now of the Kenya African National Union, or KANU) was elected president. Upon Kenyatta's death in 1978, Vice President Daniel Moi assumed the Presidency. His 24-year tenure in the position was fraught with corruption and he effectively established an autocracy by banning opposition parties and arresting both opposition leaders and journalists. In 2002 he voluntarily retired power, and Mwai Kibaki (National Rainbow Coalition, or NARC) was elected.

In 2007 a general election was held in which the primary candidates were Kibaki (for re-election) and Raila Odinga, the main opposition leader. Leading up to elections Odinga held the lead with public opinion polls showing a strong advantage. However, Kibaki was declared the winner, although multiple third-party observer groups revealed illegalities and malpractices in the election. The results of the elections incited riots throughout the Rift Valley, Western Highlands and Nyanza province. Violence was largely ethnic, with Kikuyus supporting Kibaki and Luos supporting Odinga (see below). Over 600 people died, with areas of violence in Eldoret, Nakuru and Naivasha.

In March 2013, presidential elections were again held. Kibaki was not allowed to run due to term limits. There was a wide field of candidates, but the two main players were Uhuru Kenyatta, son of Jomo Kenyatta, the first president, and Raila Odinga, who ran previously in 2007. Uhuru won by a slim margin, however, his victory was tainted by the fact that he and his running mate, Ruto, were recently on trial at the Hague on charges of inciting ethnic violence in the 2007 elections.

In an effort to decentralize power away from Nairobi and the national government, a new constitution was enacted in 2010, which created 47 counties (similar to American states) in a process termed Devolution. The counties are now assuming responsibility for their own health centres (previously these were managed centrally by the Ministry of Health). This restructuring has far-reaching implications for government hospital

operations, most visibly in availability of funds, payment and promotions of staff (frequently late or completely absent, leading to at least an annual healthcare workforce strike that includes doctors) and supply chain interruptions and stockouts.

To read more about the history of health care in Kenya, I recommend reading the Case Study on Kenya (pages 52-58) in *Globalization and Health System Change* by Lister.

<http://www.globalhealthequity.ca/electronic%20library/Globalization%20and%20Health%20Systems%20Change%20Lister.pdf>

13. CULTURE: Kenya is home to over 30 different ethnic groups, each of which comprises its own individual identity. Many Kenyans feel more drawn to their ethnic heritage than to their Kenyan nationality. The largest groups are the Kikuyu (17%), Luhya (17%), Kalenjin (13%), Luo (10%) and Kamba (10%). Non-Africans, including Arabs, Indians, and Europeans comprise a total of about 1% of the population.

The majority of the population is of various Christian denominations, while those along the coast are largely Muslim (around 30% of the population).

There are several staple foods that you will find in most restaurants (and homes): *nyama choma*, or “barbecued meat,” usually goat; *ugali*, or maize porridge (which tastes like plain polenta or thick grits) served as a starch with the main dishes, and *sukuma wiki*, or stewed greens.

Kenyans love soccer (called football), and you will find people playing everywhere you go – English Premiere League football is the go-to watchable sport. Music is also ubiquitous, and there are numerous Kenyan artists whose styles range from traditional African folk to modern hip-hop.

14. LANGUAGE: There are significantly more languages spoken in Kenya than there are distinct ethnic groups. Each group named above has its own language; in addition, national languages are Swahili and English, both of which are taught in school. Although English is a national language, people speak it with varying degrees of fluidity (often not at all in the rural areas). As such, it is helpful to have a fundamental understanding of Swahili prior to arrival. It is a good idea to buy a Swahili-English dictionary and familiarize yourself with the basics. In the hospital, your Kenyan medical colleagues will translate for you.

15. HEALTH CARE: Medical education in Kenya follows the European system, which goes like this:

- Undergrad + Medical School: 6 years (Degree conferred is MBchB, or Bachelor’s of Medicine and Surgery)
- Internship: 1 year
- Medical Officer: Automatic title after completing internship.

- Registrar (or Residency): 3-5 years (Degree conferred is Master of Medicine)

Most Kenyan doctors spend several years as a Medical Officer (MO), or general practitioner, after completing internship and before going to residency. As such, they have many more years in general practice than in our system. MOs function similarly to senior residents at the Naivasha Sub-County Hospital, directly supervising interns.

There are four medical schools in Kenya, two public and two private. The public schools are Moi University and University of Nairobi. Both accept students on government scholarship in addition to students paying full tuition, which is quite expensive. It is much more difficult for students to be accepted into the program on scholarship than it is for paying students, thus typically only wealthy families can send their children to medical school. The majority of physicians in Kenya have been trained at University of Nairobi. Two new private universities recently opened: Egerton University in Nakuru and Kenyatta University in Kahawa.

In addition to medical doctors with MBChB degrees, Clinical Officers (COs) and nurses assume a large portion of clinical responsibility in various facilities throughout the country. COs are midlevel providers similar to our nurse practitioners or physicians' assistants. They have not attended formal medical school but are trained in two years of school and have a required internship year as CO interns (COIs) before entering independent practice. Although the COI year is predominantly inpatient and very similar to the MO intern (MOI) year, COs are intended to practice mostly in outpatient settings and are authorized to prescribe standard medications. At NSCH, COIs work alongside MOIs on the inpatient wards.

Kenya's national health care system is a tiered referral structure organized by region. Dispensaries, or small clinics, are the first point of contact for many rural Kenyans and are staffed by COs and registered nurses. Complicated cases are referred from there to sub-county hospitals, which are the first referral level where patients are seen by medical doctors. These are also equipped with pharmacies, laboratories, radiology services, and social workers.

16. NAIVASHA SUB-COUNTY HOSPITAL: Your rotation will take place at Naivasha Sub-County Hospital. NSCH is a 273-bed government hospital notable for a nationally renowned maternity wing called the Friends of Naivasha Women's Centre that opened in 2013 with the support of local philanthropy. In July 2015, NSCH opened an emergency department (called Accident & Emergency, aka A&E or Casualty) to manage the high volume of road traffic accidents brought in from the nearby highways. In December 2015, the Radiology Department was renovated and received brand new ultrasound and X-ray machines, including a portable X-ray. There is a CT scanner available in town at a private clinic called L&L, though it

usually takes several days for families to raise the funds necessary to pay for the CT before it is performed. MRIs are only available in Nairobi.

The hospital has 6 attending physicians, termed consultants: 1 surgeon, 1 internist, 2 radiologists, 1 obstetrician-gynecologist, and 1 pediatrician. The bulk of the inpatient clinical work is performed by MOIs and COIs under the supervision of MOs and oversight by the consultants. COs work in the hospital clinics, particularly the Outpatient Department (OPD) HIV Clinic, which in Kenya is called the Comprehensive Care Centre (CCCs), and the TB Clinic, called Chest Clinic. There is a pharmacy and a laboratory that offers most of the routine tests we would order in the US.

Patients pay a fee for each individual service provided to them (i.e. one liter of normal saline, laundry, etc.) and they often cannot afford more complicated, pricey procedures, necessitating that some clinical decisions will need to be made with incomplete data or with the patient unable to pay for the usual therapy we would recommend. Patients are required to pay the entire balance of their hospital bill before they are discharged home or transferred to another hospital, causing some patients to stay on the ward for weeks pending availability of funds. There is one social worker for all of NSCH named Mr. Langat who can assist in defraying part of the bill in very extreme cases, but that process takes quite a while to pursue.

Naivasha is a town of over 180,000 people in Nakuru County. Nakuru is about 45 miles northwest of Naivasha, which is about 60 miles northwest of Nairobi. Nakuru is home to the county hospital covering the Naivasha Sub-County. Patients requiring subspecialty care or (if available) an ICU bed can be transferred via referral to Nakuru County Hospital, although referrals from Naivasha more commonly go to the national referral hospital in Nairobi, Kenyatta National Hospital (KNH), due to the wider array of services available there and close proximity.

SAFETY AND HEALTH

17. SAFETY & SECURITY: There are a number of safety concerns that you should be aware of prior to travel to Kenya. Overall, follow your instincts. **If your gut tells you a situation is unsafe, listen to that feeling,** find a way to remove yourself from that situation to an area of safety, and contact the Chief Resident immediately with any concerns.

A. Petty Crime: Pick-pocketing and other petty crimes are common. Take basic safety precautions, such as not carrying valuables in a visible or easily-accessible manner. If you are approached by a thief, just give them your wallet or whatever they ask. **Do not resist.**

B. Terrorism: There have been a number of terrorist attacks throughout Kenya in the past few years, largely motivated by Kenya's recent military presence in Southern Somalia. The Westgate Terrorist attack in September 2013, claimed by al-Shabaab, was the one of the worst terrorist attacks in Kenya's history. In recent years, kidnappings have occurred along the coast and the Eastern border with Somalia. IED attacks continue to occur in Mombasa, and more recently in Nairobi. It is not advisable to take public transportation (especially buses, matatus are less risky) in these cities. Please visit the US State Department websites for updated information:

<https://travel.state.gov/content/passports/en/country/kenya.html>

<http://www.state.gov/r/pa/ei/bgn/2962.htm>

Please register with the Smart Traveler Enrollment Program (STEP) by the US State Department prior to your departure, so that the US government can more easily assist you in Kenya in case of an emergency.

<https://step.state.gov/step/>

C. Road Safety: Roads in Kenya are in poor condition and traffic laws are not enforced, resulting in a high rate of morbidity and mortality related to road safety, particularly along the two highways that connect to Naivasha. There are several ways to avoid high-risk situations. First, traveling in private vehicles is safer than public vehicles. Insist on having working seat belts in any vehicle in which you ride – if there is no seat belt, get out and take another vehicle. If you are traveling via matatu, avoid sitting in the front seats as they are the most dangerous. Do not travel at night, as there are no street lights on most roads causing the majority of drivers to use their high beams all the time. Similarly, crossing roads as a pedestrian is very hazardous due to reckless driving and high speeds, so look carefully before crossing the street. **Most dangerous are the motorcycle taxis (called boda bodas), and for that reason, riding on a motorcycle is EXPLICITLY FORBIDDEN during your rotation.**

UW RESOURCES

Kenya UW Safety Contact Number: +254 704 206 163

This number is available 24/7, rotated among UW employees living in Kenya.

On Call International 24/7 Global Response Center: +1 (603) 328-1358

UW Global Emergency Phone Line: +1 (206) 632-0153

Naivasha Clinical Rotation Contact Number:

Andrew McGuinness, chief resident

US Cell/WhatsApp: +1.360.903.2576

Kenya Cell/iMessage/Facetime: +254.790.596.131

18. HEALTH: Please visit the UW travel clinic prior to departure. There is minimal risk of malaria in both Nairobi and Naivasha due to the altitude (6200 ft and 7000 ft respectively), but remember to bring prophylaxis if you are planning any trips outside of Nairobi or Naivasha (including safaris). The CDC recommends using atovaquone/proguanil (Malarone), doxycycline, or mefloquine (Lariam). Chloroquine is not an effective option. Bring insect repellent containing DEET with you, as well as sunscreen (especially if you are taking doxycycline). You will be provided with mosquito nets.

Note that yellow fever is a recommended vaccination but not required in order to come to Kenya, but you may need it when entering another country from Kenya, as Kenya is considered an endemic Yellow Fever area. WHO recently revised (June 2016) recommendations for yellow fever vaccine to be a life long vaccine rather than every 10 years. See CDC's Traveler's Health page for more information: <http://wwwnc.cdc.gov/travel/destinations/kenya.aspx>.

The water in Kenya is not potable. Bottled water is inexpensive at the grocery store. This is recommended for drinking as organophosphates and other pesticides are present in the tap water and are not removed by boiling. Should you need to boil water to prevent microbial infection, remember that the water will boil quickly due to the high elevation. Let the water boil for a full 2 minutes. All fresh produce should be washed with clean water and veggie wash solutions, which are very mild detergents that can be purchased at the major Naivasha groceries.

Even though many medications can be found cheaply at local pharmacies, bring whatever you anticipate you might need. Suggested items: pain reliever, oral rehydration salts, pepto bismol, antibacterial ointment, hydrocortisone cream, anti-diarrheal agents. If purchasing medicine at a local pharmacy, use a reputable pharmacy recommended by the Chief Resident, as there are large numbers of counterfeit medications in circulation. The best pharmacy in town, frequented by expats, is Axita Pharmacy along Moi S Lake Rd near the post office. It is headed by Dr.

Nahil Davé, an excellent and incredibly friendly PharmD who loves serving UW students and residents. He can be reached at +254 725 617 805 or +254 774 339 375. He stocks most major medications, but if he doesn't have something, he can usually get it delivered from Nairobi within 48 hrs. Let him know you know the Chief Resident and work at NSCH, and he will give you a "Doctor's Discount" of 10 to 15%.

It is recommended you bring a small bottle of hand sanitizer and a larger bottle from which to refill. Small pocket bottles of hand sanitizer are available at the local groceries, but not large bottles.

If you should become ill, notify the Chief Resident immediately. Travelers' diarrhea is common and should resolve by itself within 24-48 hours, however if your symptoms also include fevers, sweats/chills, abdominal pains, bloody stool, or vomiting, you may need medical evaluation at one of the clinics in Naivasha. Both B&L Laboratories or the Aga Khan Clinic in Naivasha offer reliable lab tests. For serious illness or injury, you will need to be transported to Nairobi for treatment at either Nairobi Hospital or Aga Khan Hospital, both of which provide care and resources similar to what you would receive in the US.

19. TRAVELERS' INSURANCE

Medical: This is recommended. If you have US health insurance, you may or may not be covered. If you are not currently insured, there are a number of companies you can purchase plans through (do a Google search). For a 6-week rotation, the cost is approximately \$200.

Evacuation/Emergency Insurance:

- Information for students: If you have GAIP insurance, you are covered for medical evacuation and repatriation of remains through the University of Washington. In addition, HTH Worldwide for enrolled UW students, is now available. Students must self-enroll in the policy (around \$38/month). Students who would like to use another policy must go through a formal waiver process.
- Information for staff and residents: UW staff are covered by the UW's On Call International policy:

On Call International (appointed on UW payroll, automatically enrolled)
+1 603-328-1358, mail@oncallinternational.com

HTH International (available for students, must pre-enroll)
+1-610-254-8771 (call collect)

When calling in an emergency situation, be prepared to provide the following:

- Your name

- Number you are calling from
- Current location
- Name(s) of persons involved
- Description of emergency
- Actions taken
- Assistance needed

20. EMERGENCY INFORMATION:

In case of an emergency

Minor emergency (e.g., petty theft, minor accident):

Consider going to B&L Healthcare or Aga Khan Clinic in Naivasha for evaluation

Call +254 791 249 283, for Jenell Stewart, the Naivasha Chief Resident

Call +254 704 206 163, the on-call UW Emergency Line in Kenya

Major emergency:

Call +254 791 249 283, for Jenell Stewart, the Naivasha Chief Resident

Call +254 704 206 163, the on-call UW Emergency Line in Kenya

Call the UW Global Emergency Line +1 (206) 632-0153

Call On Call International or HTH International

Arrangements will be made for transportation for treatment at either Nairobi

Hospital or the Nairobi Aga Khan Hospital

National emergency:

Call +254 791 249 283, for Jenell Stewart, the Naivasha Chief Resident

Call +254 704 206 163, the on-call UW Emergency Line in Kenya

UW local staff will coordinate activities and evacuation, if needed, in the event of a national emergency

Other resources:

US Embassy in Nairobi: 0203 636 622 non-emergency, 0203 636 451 emergency

0203 636 170 emergency off-hours

Email: Kenya_acs@state.gov

Website: <http://nairobi.usembassy.gov/>

Insurance provider for travel or evacuation assistance

U.S. Embassy/Consulate Services

When you are in a foreign country, you are subject to its laws. If you are arrested, immediately ask to speak to a consular officer at the nearest U.S. Embassy or Consulate. Under international agreements, the U.S. government has a right to provide consular assistance to you upon your request.

The U.S. Embassy/Consulate **can**:

- Provide a list of attorneys who speak English if your require legal assistance

- Assist in contacting your family in the U.S. if you wish it
- Help you obtain money from your family in the U.S.
- Monitor your health and welfare if you're in a hospital or in jail
- If you are a victim of a crime, the embassy/consulate can:
 - o replace a stolen passport
 - o contact family, friends, or employers
 - o help you obtain appropriate medical care
 - o provide information about the local criminal justice process and the case itself

The U.S. Embassy/Consulate **cannot**:

- Demand the immediate release of a U.S. citizen arrested abroad or cause the citizen to be released
- Represent a U.S. citizen at trial or give legal advice
- Pay legal fees and/or fines

FUN THINGS TO DO

This is in no way a complete or thorough guide! Check any guidebook or talk with locals for more information and suggestions. **Bring US dollars to pay for entrance to the national parks.**

21. NAIVASHA

- Boat Safari/Crescent Island Walking Safari: Easy to arrange from any one of numerous local boat operators. Most residents use the public beach (make a right at the yellow "Boat Safari" sign on South Lake Rd, just past Karagita. Boats here are KSH 2000-3000 with captain and life vests, you can put up to 6 people in a boat.) Usually takes a few hours, including a walk on Crescent Island, entry fee is \$25 USD. Because there are no predators on Crescent Island, you can walk around amongst the animals. Takes about a half-day. Matatu ride from town is about Ksh 50, taxi is Ksh 600.
- Hell's Gate National Park: Excellent wildlife, scenery, and birding. Most people rent bikes (Ksh 700, make sure you test it thoroughly first) at the front gate, bike in, and then hike the gorge with a guide (KWS guides cost Ksh 1000-2000 and are hired at the ranger station at the gorge entry point). Tomb Raider 2 was filmed here, and the scenery of the Lion King is based upon its topography. Also takes about half a day. Think carefully before doing the Buffalo Circuit, which is a long, hot climb. Matatu ride to Hell's Gate from town is Ksh 100, taxi is Ksh 1200. Entry fee is \$30 USD. You can also camp overnight for \$20-35 USD, and the views of some of the watering holes and sounds of hyenas at night make it well worth it.
- Longonot National Park: Mt. Longonot is an active volcano and excellent for hiking. It's about an hour to the top, then 2-3 hours to go around the crater ring (or you can just go back down). Bring lots of water and a jacket, rain and

hail are common. Beautiful views on a clear day. Matatu ride here from town is KSH 100, roundtrip taxi is KSH 3000. Entry fee is \$30 USD.

- Crater Lake Sanctuary: Part of Lake Naivasha National Park. About 1 hr drive from town. Great day hike around crater, moderately strenuous, ~2-3 hours, with some nice views. Can also do a short game drive (entry KSH 1000-4000). Crater Lake lodge/resort has a pleasant restaurant with view of lake/flamingos, but the food is overpriced and bland. Better to stop here for a beverage after your hike and eat elsewhere.
- Sanctuary Farm: Privately owned farm on the lake with camp ground. Popular for horseback riding (with zebras and giraffes, and in the shallows of lake), KSH 3000 for 1 hour, 5000 for 2 hours.
- Lake Nakuru: About one hour's drive north of Naivasha, this lake is famous for thousands of pink flamingoes on the lake, rhinos, lions, and beautiful landscape. Nice views from the baboon cliffs. Cost is \$80 USD per person to enter. Residents have used the taxi driver Paul in the past, who will drive you the whole way, safari and all for KSH 8000-12000 depending on your negotiating skills. Pack a lunch or, stop at Java House, near the park in Nakuru town.

EATING AND LIVING IN NAIVASHA

In Town:

- Grocery Stores: The major ones are Naivas and Tusky's. Naivas (called Naivas Kubwa or "Big Naivas" since there is a smaller one as well) is in town, a 15 min walk from the hospital and a 40 min walk to the house, and carries most things you need. Tusky's is outside downtown at Buffalo Mall, and carries a comparable (though not identical) selection, but is easier to park if you have a car. You can refill the large water bottles for the Resident House by bringing the empty bottles to the front desk. Vegetables need to be given to a staff member to weigh and put a price tag on before bringing them to checkout. You can also get clothing, basic electronics, and non-grocery items at both Naivas and Tusky's (at Naivas, it is upstairs on the 2nd floor).
- Fruit Stands Outside the Hospital: Noted by the residents to have the freshest produce for a fraction of the supermarket prices. Prepare to bargain, but no matter what you buy, it will be ridiculously cheap compared to the US, usually pennies per piece of produce. Turn left just outside the hospital gate, and the fruit stands are there, stretching up the hill on Kenyatta Ave.
- Alcohol: Not available in the groceries above. Go to Best Choice (on same road as Naivas Kubwa, above), Jamaa (a smaller supermarket in town), or at Buffalo Mall, the Naivasha Wine Gallery (directly across from the Tusky's front entrance). Top Kenyan beers are Tusker, White Cap, and Summit (the latter is brewed in Naivasha), though imports are available at a premium. Look out for

Leleshwa wines, which are made at a winery near Naivasha, and are pretty good.

- Panorama Park: Large resort with some of the best views of Lake Naivasha, 10 minute walk from CEPI house with wifi, swimming pool (day pass KSH 700), restaurant, but no alcohol. Popular with wealthy Nairobians on weekends, western prices, decent food but often slow service.
- Mother's Kitchen: Universally acclaimed by our Naivasha colleagues as the best Kenyan restaurant in town. Busy, noisy, and (importantly) fast service. About a 10-15 min walk from hospital, located down a side road past the crowded Nairobi matatu stage.
- Grapes Café: Across from Naivas, 10 min walk from hospital. Cheap, passable Kenyan food. Caters the morning CMEs at the hospital. Run by Eunice, who is always friendly.
- GGG's Nyama Choma: For those locals who have been there, they say it's the best nyama choma in town. A classic "hole in the wall" that makes only one thing, and makes it well – nyama choma, and its accompaniments. On Moi S Lake Rd across from OiLibya, in a non-descript shack with light blue trim. Trust me, it's good.
- Silver View Hotel: Pink building, just down Kenyatta from the hospital, towards the old highway. Excellent food, more menu options than many other places, with prices comparable to Mother's.
- Blue Sky: Butchery (highlighted as the best in town by locals) and restaurant serving nyama choma (Kenyan BBQ) with quiet, off-street courtyard. Across from big Naivas referred to above.

Buffalo Mall

- Tusky's: Like a K-Mart(+) with a grocery, see above.
- Mama Jane's Grocery: Fresh produce, a little on the pricey side but high quality. Directly across from Tusky's.
- Naivasha Wine Gallery: Alcohol shop with knowledgeable, friendly staff, very good option for stocking up the resident house with beer, wine, and liquor, both domestic and familiar name-brand imports.
- Java House: The ubiquitous coffee/house restaurant seen throughout Kenya, a cross between Starbucks and TGI Fridays with coffeehouse food and American and Mexican-style entrees. Western prices, good, consistent food if you're really missing American dishes. Free WiFi.
- Spur: A famous steakhouse chain in Nairobi. Steak here is okay (we have heard it tastes better at the Nairobi locations), but not stellar, with a large American-style menu.
- Other Mall Shops: juice stand, ChapaCopy (copy and print shop, good for making laminated pocket cards for the wards – Moses, the main staff member, is very friendly), Micos Dry Cleaners (Western prices, takes a few days to get clothes back, but they do a good job), CityWalk (shoes), health food shop (good for getting granola bars, though pricey), pharmacy (though Axita is preferred,

per above), Rift Valley Leather (expensive but high quality), Optica (eyeglasses), and a few other expensive boutique clothing shops.

Farther Afield:

- Carnelly's: Popular expat restaurant/campground on South Lake road, just past Hell's Gate, renowned among tourists. Excellent food and drinks (pizza is a specialty), laid-back ambiance with couches and lounge chairs. Western prices. Taxi roundtrip from town is KSH 2800.
- Fisherman's: Similar to Carnelly's, but bigger and closer to water, and more of a hippie/rasta vibe. Nice big comfy deck for eating on. Food is not quite as good as Carnelly's. Western prices.
- Enashipai: One of the most elegant and expensive resorts in all of Kenya is located just across from Karagita, the large slum on Moi South Lake Rd. Has coffee shop with wifi, nice pool (day pass for a fee), well-equipped gym, and opportunities for hippo watching. World-class spa services at Western prices. Lavish buffet is expensive (KSH 2600 to 3000 per person), but a la carte is at more manageable standard Western prices. Taxi is KSH 500 one way.
- Delamere Nyama Choma: Classic Kenyan nyama choma joint with outdoor gazebo seating, huge grill, and plenty of alcohol. Frequented by Marabou storks and Vervet monkeys, who are happy to eat your leftovers. Best visited before dark. A bit expensive, but you get a ton of meat, though sometimes a bit tough (and GGG's nyama choma is better and cheaper).
- Curry-On Indian Restaurant: Excellent (and the only) Indian restaurant near Naivasha, but great food for lunch and dinner. Located at the Delamere Shopping Center just outside Naivasha town and Buffalo Mall along the highway going to Nakuru. Also with a small selection of Chinese dishes and pizzas, all of which are good. Vegetarian entrees available. Western prices, but still pretty cheap. Wide alcohol selection.
- Kikopey Nyama Choma Stalls: About a 45 minute drive from Naivasha going to Nakuru, Kikopey is famous throughout Kenya and in international travel guides for having the best nyama choma in the country. The high quality is for two reasons – the restaurants focus on nyama choma and nothing else, and there is so much competition that with poorly cooked meat are run out of business very quickly. The downside is your vehicle will be mobbed with shopkeepers knocking on your windows, begging for you to eat at their stand. Despite their aggressiveness, the area is safe during daylight hours, and enduring the hassle of the aggressive shopkeepers will be rewarded with possibly your best meal during the whole rotation. Take the time to compare prices at a few stalls, then pick the price, atmosphere, and shopkeepers you like the most – it's hard to go wrong.

Souvenir Shopping:

- Minalyn's Shop: Minalyn is the wife of a British family doc (Dr. Peter Nicklin) who serves Naivasha's poor (charges no fees to his patients). Minalyn works

- with the women's prison and other groups for marginalized people, and runs a small shop full of crafts, jewelry, shoes, etc that she teaches these people to make by hand. A bit more expensive than buying stuff from street vendors, and not as quintessentially "African," (ie no carved giraffes) but high quality, beautiful items.
- Naivasha Children Shelter: Has a gift shop that sells beaded animals and jewelry made by the street boys who live here. Is a little off the beaten path (behind Flower Business Park/Panda Flowers, Northeast of town), but very nice items for a good cause and you can get a brief tour of the orphanage if you give enough advanced notice.
 - Bird's Souvenir Shop: Just south of town, on the old highway, across from the entrance to Moi South Lake Road. Way overpriced. Haggle prices down by a factor of 5 to 10 if you choose to shop there.
 - Elementaita Weavers: Small, relatively expensive shop on South Lake Road. High quality, nice stuff.
 - Basket makers along South Lake Road: Large baskets and rugs/animal skins. Location varies. Haggle.
 - Nairobi has lots of shopping options, the most famous of which is the huge Maasai Market, which is in a different spot in the city each day, and is full of all manner of everything. Again, haggle aggressively (bid down everything to 25% of their initial price at a maximum, and negotiate up from there), no matter what sob story they tell you, they will never sell you anything at a loss. Do your best to tour the whole market as you will often find a higher quality version of the item you want at a different vendor further on in the market. Get to know the personal stories of the vendors, and support the artists who created the art pieces themselves. Be prepared for very aggressive vendors pestering you constantly, and don't let them pressure you – take your time and find what you really want. Be prepared to walk away from any deal and hold your ground – you will find that most vendors will follow after you when you start to walk away and agree to your final price, so long as they don't have to sell at a loss.

22. PARKS/SAFARIS

- Maasai Mara: The best animal park in Kenya. Crowded in July through September during the Great Migration, when thousands of wildebeest migrate from Tanzania followed by their predators. However, any time is a good time to visit. Recent residents have thoroughly enjoyed taking safaris with Izzo (+254 721 605 395), 3 days all-inclusive room and board for \$350-400 USD. Residents have used DK Grand Safaris in the past (info@dkgrandsafaris.com, www.dkgrandsafaris.com). Cost is ~\$800 + park fees for a 3 day luxury tent camp, food and transport to/from Naivasha included. Another excellent option is Shiques Africa Safaris Limited (contact: Cleo Gichuki, cleopatra@shiquesafrica.com, 0720 644 873, around ~\$750 for 3 day trip in luxury lodge (not tents). If you have your own transport, the Aruba Mara

- Camp (0723 997 524) is a great deal—the luxury tent (~\$150/night) includes all your meals and game drives. Park fees are \$80 USD per person.
- Mount Kenya (climbing Mt. Kenya is relatively inexpensive and takes about 3-6 days. Not a “technical climb” (porters can carry your gear) although you should probably be in relatively decent shape. Residents have used Mt. Kenya Guides and Porters Safari Club (mtkguidesp@wananchi.com, www.mtkenyaguides.com , +254 (0)20 3524 393). Popular 5-day Sirimon-Chogoria traverse is around \$700 including food and park fees, not including transport to/from Naivasha. 4-day treks also available.
 - Aberdares: Close to Naivasha (take the Kinangop road, just south of where Kenyatta Ave meets the new highway). Beautiful mountains and waterfalls, lots of wildlife, including elephants, bongos, and jaguars. Fun to stay in the Fishing Lodge or Tusk Camp Bandas, but call early as these book up well in advance. Requires a 4x4, roads not passable in rainy season. There is some decent flyfishing for brown trout.
 - Amboseli: Famous for elephants and beautiful views of Mt. Kilimanjaro. In the high season, elephants are everywhere but in the low season they are difficult to spot. Can be very dusty if there is a drought.
 - Nakuru, see “Fun Things To Do” above.

23. SAFARI TIPS

- Understand that for a large proportion of your safari time, you will be sitting in a safari van. There is very little ambulatory activity. For this reason, you may decide on a shorter safari (i.e. less than one week). There is a lot of downtime during a safari. Bring a book to read, or just enjoy gazing at the landscape. A good pair of binoculars is highly recommended.
- Safaris are relatively easy to arrange on short notice, with the exception of going to the Maasai Mara in August, when many camps/resorts may be full. Several local taxi drivers can help you arrange transport and even lodging.
- Camping safaris are obviously cheaper, but you might need to bring along your own gear (although some companies will provide it). It also might not be comfortable in the rainy season. Lodge safaris, on the other hand, include three hot meals a day (usually all-you-can-eat feasts) in nice hotels but do not provide an actual African bush experience. Tented camps are a nice alternative, and can range from quite basic to luxurious.

24. KENYAN COAST

- Lamu: On US State Dept list of places US citizens should not be traveling. A beautiful old Swahili town with rich history. Famous for great beaches, tasty seafood, no vehicles (just donkeys). Many people stay in Shela, which is calmer than Lamu town. 90-minute flight from Nairobi, usually around \$350. Camille and family stayed at Diamond Beach Village, a little pricey (~\$150/night for dbl) but highly recommended.

- Malindi: Beautiful costal town, usually very quiet, with white sand beaches and turquoise water. Flights are ~\$300 round trip. Residents have stayed at White Elephant Sea Lodge (~\$100/night for double), which is rustic-luxe, and right on the beach.
- Mombasa: Old town at night is on US State Dept list of places US citizens should not be traveling. Old town during the day is an interesting visit, especially the old spice Marketi. The best place to buy Kikoys, Kenyan clothes, and beaded Maasai sandals. Kenya's second largest city and the largest port town. Watamu to the north of Mombasa and Diani to the south have some of the most unspoiled beaches in Kenya. Amazing ocean side restaurant at the Mtwapa ruins for fresh seafood, specatular views, and a peaceful swim during a long lunch.
- Near Diani: Likoni ferry is on US State Dept list of places US citizens should not be traveling. Mbuyu cottages has thatched bandas near the beach and is simple and well run for about \$55 USD per night. Baobobs is an affordable all inclusive resort on the beach about \$75 USD per night.

25. NAIROBI

- National Museums of Kenya, Nairobi Museum: varied natural history and art collections in a recently renovated building on Museum Hill. Extensive collection of Kenya's bird life (stuffed) and includes famous fossils unearthed by the Leakey family and other anthropologists in Kenya.
- Nairobi National Park: A huge game park right on the edge of town, surprisingly high quality given its proximity to the city. All of the big five can be viewed except for elephants. There are locations for picnics, including one on a hill overlooking the Athi Plains. Animals are more plentiful at dawn and just before dusk. Adjacent to the national park is a small animal orphanage requiring a separate entry fee where you can pet cheetahs.
- Giraffe Center: A nice place to spend an hour or so. This is a rehabilitation center for the endangered Rothschild's giraffes. The center allows you to pet and feed the giraffes and also has a small exhibit explaining their mission.
- Elephant Orphanage - Located in Karen, alongside the Nairobi National Park, and only open between 11 am and noon each day. Officially called the "David Sheldrick Wildlife Trust."

26. READING LIST

Reference:

- *Oxford Guide to Tropical Medicine* (very useful, updated in 2014)
- *Hospital Care for Children*, WHO
- *Evidenced-Based Physical Diagnosis*, Steven McGee
- Any pocket reference books you regularly use

Global Health:

- *Reimagining Global Health*, Paul Farmer, Arthur Kleinman, Jim Yong Kim, Matthew Basilio, 2013. The first book of its kind to attempt to address the discipline of Global Health in its entirety, from the history and roots of international medicine through discussions of aid, failed strategies, and successful programs, and a look into the future of global health. Can be a bit Harvard/PIH-centric, but an excellent introduction to the field.
- *Walking Together, Walking Far*, Fran Quigley, 2009. Describes the partnership between Indiana University and Moi University (in Eldoret) that built one of the most comprehensive and successful programs in the world to control HIV/AIDS, AMPATH, which has been nominated for a Nobel Peace Prize.
- *A Heart for the Work*, Claire Wendland, 2010. Wendland, an obstetrician and physician-anthropologist, explores the realities of medical training in Malawi in what is the first ethnography of medical training in the global south. The resulting book is compelling and extremely relevant to CEPI and global medical education.
- *Pathologies of Power: Health, Human Rights, and the New War on the Poor*, Paul Farmer, 2003. An emerging classic in global health, Dr. Farmer illustrates through the experiences of his patients how political and economic injustice are forms of structural violence which cause the sickness and disease among the global poor. Definitely many principles that are translatable to the experience of our Naivasha patients and physicians.

Books on Kenya:

- *Unbowed: A Memoir*, Wangari Maathai, 2006. Maathai discusses her life from childhood until she was awarded the Nobel Peace Prize in 2004, against the backdrop of colonialism, independence, and struggle for democracy. Maathai stresses the connection between environmental conservation and good governance.
- *I Laugh So I Won't Cry: Kenya's Women Tell The Story Of Their Lives*, Helena Halperin, 2005. Covers marriage, childrearing, work, and getting by when there is no work, women's self-help groups, genital cutting, ethnic tensions, and the new government that has promised huge reforms. *I Laugh* shows the full panorama of women's struggles in sub-Saharan Africa. Subsistence farmers,

herders, beggars, sex workers, office workers, hawkers, business executives and a few friends who stopped an ethnic war all speak in *I Laugh So I Won't Cry*.

- *Petals of Blood*, Ngugi wa Thiong'o, 1977. Tells the story of an investigation of a spectacular triple murder in upcountry Kenya. As the intertwined stories of the four suspects unfold, a devastating picture emerges of a modern third-world nation whose frustrated people feel their leaders have failed them time after time. Thiong'o was imprisoned without charges by the Kenyan government when the novel was first published in 1977.
- *Nine Faces of Kenya*, Elspeth Huxley, 1992. Drawing on her knowledge of Kenya and its literature, Huxley presents a portrait of a nation, its peoples and wildlife, history and landscape, and the men and women who made their mark upon it. Isak Dinesen, Ernest Hemingway, the Leakeys, Beryl Markham, Winston Churchill, Evelyn Waugh, and Theodore Roosevelt are among the many writers in this anthology.
- *Imperial Reckoning: The Untold Story of Britain's Gulag in Kenya*, Caroline Elkins, 2005. Winner of the 2006 Pulitzer Prize for General Non-fiction, this book relates the gruesome, little-known story of the mass internment and murder of thousands of Kenyans at the hands of the British in the last years of imperial rule. Elkins exposes the hypocrisy of Britain's supposed colonial "civilizing mission" and its subsequent cover-ups. Elkins's account was also the subject of a 2002 BBC documentary entitled *Kenya: White Terror*.

SAFARISALAMA!

CULTURAL ADJUSTMENT

- Look for a cultural broker, someone who has an understanding of both U.S. culture and the local culture. An expatriate who has spent many years living in the host country, or a local who has lived in the U.S. can be invaluable in helping you negotiate and understand your host country.
- Learn as much as you can about your host country's history, values, language, culture and norms.
- Resist the urge to assume that people are just "doing things wrong" in your host country, and that you know better. Try to understand the reasons why things might be handled differently.
- Remember that, in general, developing countries tend to be more formal than the U.S. and communication is more likely to be indirect. Value is placed on respecting social hierarchies, "saving face" and avoiding embarrassment.
- Be aware that needing to re-learn even simple routines in a foreign culture is stressful. Give yourself time to adapt, and don't be afraid to make mistakes.

In her book, *Foreign to Familiar*, (2000, McDougal Publishing), Sarah Lanier discusses the differences between "Hot-Climate" and "Cold-Climate" cultures. Although this distinction is a vast oversimplification, they do represent spectrums of cultural norms that can provide a useful framework for understanding cultural differences. The chart below is loosely adapted from her work.

	"Cold-Climate" Cultures	"Hot-Climate" Cultures
Social Interactions	Efficiency is valued. It is acceptable to be businesslike with people you don't know, and personal questions are to be avoided.	Relationships are valued more than efficiency. It is important to acknowledge people and not rush interactions. Getting to the point too quickly is rude, and personal questions are welcome.
Emotions	Logic, restraint and objectivity are valued, and displays of emotion are rare.	People are emotionally demonstrative. Subjective feelings and intuition are given credibility.
Communication	Accurate, truthful information is valued. Communication is direct, words are to be taken at face value, and people say what they mean. "No" means "no," and things are not meant to be taken personally.	Maintaining harmony is important, and disagreeing, complaining or causing offense or embarrassment is to be avoided. Indirect methods of communication are frequently used. It is impolite to directly say "no" or not give the answer a person expects to hear.
Individuality	Individuality, autonomy, personal initiative and self-reliance are valued. Individual	Community cohesion and group identity are valued over individuality. ("I belong,

	likes and dislikes are important. People are expected to speak their opinions, and look after their own needs. People see themselves as “free to do as they please.”	therefore I am.”) The needs of the community are more important than personal desires. A person’s opinions should reflect those of the group. One’s actions should reflect well on the group.
Hierarchy	Society is fluid. People generally see themselves as equals, and authority is earned and can be openly questioned. What you know is more important than who you know, and the value of an idea depends on its utility, not its source. “Low-power distance”	Society is hierarchical. Class and social distinctions are maintained, acknowledged and deferred to. Authority is not to be questioned, and the value of one’s opinion increases with social rank. “High-power distance”
Formality	Interactions are casual. First names are used. Clothing choices reflect personal tastes and comfort. “Low context”	Interactions are formal, and it is important to follow protocols and demonstrate respect for elders and superiors. People are referred to by their titles. Greetings carry great importance, and clothing should reflect one’s place in society. “High context”
Privacy	People have a “right to privacy,” their own personal space and time to themselves.	People have a right to be included. Privacy is considered rude. Plans and conversations should include all.
Property	Personal property is considered sacred. People pay their own way, are responsible for their own things, and there is no obligation or expectation to share.	Property is communal and belongs to the group. This is particularly true for food, which is expected to be shared by all.
Planning Planning Continued	Planning is expected, and schedules are adhered to except in extreme circumstances.	Spontaneity is preferred. Schedules are always subject to change. Flexibility and patience are valued. It is acceptable to show up unannounced or not follow through on plans.
Hospitality	Visitors are expected to make arrangements for their own food, housing and transportation, and payments are negotiated ahead of time. When people are invited out, it is expected that they will all pay	Hospitality is important. Visitors need to be taken care of, and it is not appropriate to ask them to pay, although it is expected that they will leave gifts in exchange. When people are invited out, it is expected that

	their own way. Social events usually take place at public establishments.	the person who gave the invitation will pay. Social events usually take place in the home.
Gender	Gender differences are minimized. Women are judged on the same criteria as men. Traditional roles are less respected.	Gender differences are important, and women are expected to be submissive to men. Traditional roles are respected.
Time	Time is a linear phenomenon, measured by clocks. Punctuality and planning are valued. It is important to respect someone's time: Time is money. "Monochromic time"	Time is relative, and is measured by events. It is important to be living in the moment and to deal with things as they come up. Attending to people's needs is valued, regardless of how long it takes. "Polychromic time"

Culture Shock

"Culture shock" is real, and it is important to be prepared for it and to recognize when it is occurring. What people generally mean by culture shock is the stress that occurs from being away from familiar surroundings and continually having to struggle to understand what is going on around you. What begins as discomfort and confusion can subtly progress to frustration, anxiety, irritability, loneliness and withdrawal. More often than not, anger is the result, and it is not uncommon for this to lead to unprofessional behavior and lashing out at the local community. When you find your frustration mounting, be sure to take a step back and find productive and healthy ways to manage your stress. Remember, you are ultimately just a guest in their country. Above all, try and keep a sense of humor.

Be aware that you will also likely have some "reverse culture shock" upon returning to the U.S.

Guidelines for the Management of Body Fluid Exposure

Background

When working in clinical environments, there exists the possibility for exposure to bloodborne pathogens, particularly in environments where universal precautions and sharps disposal practices may not be followed with the same rigor as in the US. Exposure to blood and other bodily fluids can transmit Hepatitis B, hepatitis C, and HIV, as well as other illnesses such as viral hemorrhagic fevers, including dengue. Transmission of malaria can also occur through needlestick, as can transmission of other parasitic diseases such as trypanosomiasis and visceral leishmaniasis.

Pre-departure advice

PREVENTION: Obviously, the most important aspect of blood and body fluid exposure is prevention. Students should use gloves and other personal protective equipment if there exists the possibility of contact with a patient's blood. All students should bring with them a box of non-sterile gloves. You are also encouraged to bring some form of eye protection and face masks. If in a malarious area, tablets for malaria prophylaxis and attention to insect precautions can prevent this potentially fatal disease.

VACCINATION: Hepatitis B is highly transmissible through needlestick injuries (about 1 in 3 people exposed will seroconvert) - all students should have completed their hepatitis B vaccination series before leaving for their GHCE. You should be sure you are protected against measles, mumps, rubella, hepatitis A, tetanus, diphtheria, typhoid, and varicella, and polio. Depending on location, yellow fever and/or meningitis may be appropriate as well. Although there are as of yet no efficacious vaccines for hepatitis C or HIV, in case of a needlestick it is helpful to know your baseline serostatus for these infections.

POST-EXPOSURE PROPHYLAXIS: You are required to purchase and bring with you two different HIV prophylactic medications. The exact number of pills will depend on where you are going. If you are in a country where we have identified someone who will be responsible for treating you in the event of an exposure, 1-2 days of medications may be enough. If you are in a remote area and would need to return to the U.S. to obtain treatment, then a 3-5 day supply may be prudent.

In the event of a needle-stick injury with a contaminated needle, or other significant exposure, you would generally begin taking treatment right away, while arranging for the patient to have HIV testing. If the patient is HIV positive, you should then complete a full 30 days of medications. This would involve obtaining an additional supply of medications and arranging for follow-up evaluation and monitoring. In many cases, it may be best to return to the U.S. to ensure proper care.

Specific prophylactic regimens should be discussed during your Travel Clinic visit, and you should ask for a prescription during your visit for a 2-5 day supply.

What to do in the event of a body fluid exposure:

1. **Don't Panic.**

The vast majority of exposures result in no harm. For example, the seroconversion rate of an untreated needlestick injury from an HIV positive patient is less than 0.3%, and from a mucosal exposure less than 0.09%. With prompt initiation of antiretroviral medications, this risk is further reduced 85% or more.

2. **Wash the exposed area.**

Remove all soiled clothing. Wash skin and wounds with soap and water. Irrigate wounds copiously with water. Flush eyes or mucous membranes with water or sterile saline.

3. **Let someone know.**

Inform your clinical supervisor that you had an exposure. Contact a medical provider with experience in post-exposure prophylaxis (CDC Post-Exposure Prophylaxis Hotline, Harborview Madison Clinic, Dr. McClelland, etc.)

4. **Decide if you need to start medications.**

This will depend on the severity of the exposure and the HIV status of the patient. If the patient is HIV positive or of unknown status in a high-prevalence area, *antiretroviral medications should be started as soon as possible* in the event of a needlestick injury, or if visibly bloody fluid is splashed into your eyes or mouth. (See the attached CDC algorithm for specifics). Do not wait for the source patient's blood testing to come back before starting meds. If the patient has suspicion for *P. falciparum*, consider taking a presumptive treatment of malaria if you are not on malaria prophylaxis.

5. **Arrange for testing.**

If possible, arrange for HIV testing of the source patient and a malaria smear (if in an endemic area). If serologies for hepatitis B surface antigen and hepatitis C antibody are readily available, send these too. If you do not know your own HIV, hepatitis C, or pregnancy status, these should be checked. It is helpful to get a CBC, chemistry panel, and hepatic panel if you are going to be starting medications. This will allow your physician to have baseline labs in the event you develop side effects from your antiretroviral medications.

6. **Decide if you need to come home.**

If the source patient tests **negative** for HIV, and you think it unlikely that the patient contracted HIV in the past few months, you can *stop treatment*. If the patient is HIV **positive**, cannot be tested, or is felt to be at high risk of HIV despite a negative test result, continue treatment. *It is generally recommended to arrange for medical evacuation back home* for proper evaluation and monitoring

while on prophylaxis. However, many countries now have doctors and facilities that are experts in treating patients with antiretroviral medications. The decision to stay at your post or return home is a serious one that should be discussed with a qualified medical provider. The GHRC is happy to work with you on ways to fulfill your GHIP/III requirements in the event an evacuation is needed.

7. Get support.

Having a body fluid exposure is often a deeply unsettling experience. It is recommended that you talk it over with someone to help put things in perspective. Most people feel extremely frightened and vulnerable right after an exposure. The CDC's "PEpline" is an excellent resource. This is a national hotline that provides around-the-clock expert guidance in managing healthcare worker exposures to HIV and hepatitis B and C. Callers receive immediate post-exposure prophylaxis recommendations and counseling. The phone number is +1-888-448-4911. You should call the Naivasha chief resident ASAP and may also call Dr. McClelland at +1-206-473-0392.

TABLE A1. Human Immunodeficiency Virus (HIV) Postexposure Prophylaxis (PEP) Regimens

Preferred HIV PEP Regimen	
Raltegravir (Isentress; RAL) 400 mg PO twice daily	
Plus	
Truvada, 1 PO once daily	
(Tenofovir DF [Viread; TDF] 300 mg + emtricitabine [Emtriva; FTC] 200 mg)	
Alternative Regimens	
<i>(May combine 1 drug or drug pair from the left column with 1 pair of nucleoside/nucleotide reverse-transcriptase inhibitors from the right column; prescribers unfamiliar with these agents/regimens should consult physicians familiar with the agents and their toxicities)^{a,b}</i>	
Raltegravir (Isentress; RAL)	Tenofovir DF (Viread; TDF) + emtricitabine (Emtriva; FTC); available as Truvada
Darunavir (Prezista; DRV) + ritonavir (Norvir; RTV)	Tenofovir DF (Viread; TDF) + lamivudine (EpiVir; 3TC)
Etravirine (Intence; ETR)	Zidovudine (Retrovir; ZDV; AZT) + lamivudine (EpiVir; 3TC); available as Combivir
Rilpivirine (Edurant; RPV)	Zidovudine (Retrovir; ZDV; AZT) + emtricitabine (Emtriva; FTC)
Atazanavir (Reyataz; ATV) + ritonavir (Norvir; RTV)	
Lopinavir/ritonavir (Kaletra; LPV/RTV)	
The following alternative is a complete fixed-dose combination regimen, and no additional antiretrovirals are needed: Stribild (elvitegravir, cobicistat, tenofovir DF, emtricitabine)	
Alternative Antiretroviral Agents for Use as PEP Only with Expert Consultation^b	
Abacavir (Ziagen; ABC)	
Efavirenz (Sustiva; EFV)	
Enfuvirtide (Fuzeon; T20)	
Fosamprenavir (Lexiva; FOSAPV)	
Maraviroc (Selzentry; MVC)	
Saquinavir (Invirase; SQV)	
Stavudine (Zerit; d4T)	
Antiretroviral Agents Generally Not Recommended for Use as PEP	
Didanosine (Videx EC; ddI)	
Nelfinavir (Viracept; NFV)	
Tipranavir (Aptivus; TPV)	
Antiretroviral Agents Contraindicated as PEP	
Nevirapine (Viramune; NVP)	

Preferred 3-drug regimen:

Truvada (tenofovir 300 mg/emtricitabine 200 mg) 1 tab po daily

PLUS

raltegravir 400 mg po daily OR dolutegravir 50 mg po daily

Preferred alternative regimens:

Truvada (tenofovir 300 mg/emtricitabine 200 mg) 1 tab po daily

PLUS

darunavir 800 mg po daily OR atazanavir 300 mg po daily OR
fosamprenavir 1400 mg po daily

PLUS

ritonavir 100 mg po daily

